

# South Jordan City

## CONCUSSION AND HEAD INJURY FACT SHEET

### WHAT IS A CONCUSSION?

A concussion is a traumatic brain injury that alters the way your brain functions. Effects are usually temporary, but can include problems with headache, concentration, memory, judgment, balance and coordination.

Concussions are common, particularly if you play a contact sport. This injury needs time and rest to heal properly.

### SYMPTOMS OF A CONCUSSION

- Headache
- Nausea
- Dizziness
- Blurry Vision
- Sensitivity to Noise and/or Light
- Feeling Groggy
- Confusion

### SUSPICION OF CONCUSSION/HEAD INJURY

A child must be immediately removed from a sporting event, when the child is suspected of sustaining a concussion or traumatic head injury. Seek medical attention right away. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to sports. Children, who return to play too soon, while the brain is still healing, risk a greater chance of having a second concussion. Additional concussions can be very serious.

### HOW TO PREVENT A CONCUSSION

- Follow your coaches rules for safety and the rules of the sport
- Practice good sportsmanship at all times
- Use the proper sports equipment, including personal protective equipment (helmets, padding, shin guards and eye and mouth guards)
- Use the proper sports equipment for the game, position or activity
- Wear sports equipment correctly and that fits well
- Wear sports equipment every time you play

### WHEN CAN A CHILD RETURN TO PLAY

The child must receive medical clearance, from a qualified health care provider trained in the evaluation and management of a concussion, and provides the sports organization a written statement that the child is cleared to resume participation in the sporting event.

